



H.E.F. CANADA QUARTERLY

The Human Ecology Foundation of Canada

FALL 1981
VOL. 4 NO. 4

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The H.E.F. Canada Quarterly

The H.E.F. Canada Quarterly is a publication of The Human Ecology Foundation of Canada, a charitable organization under Canadian law, operating on a non-profit basis. The *Quarterly* is for people who are interested in health and its relation to our environment. It deals primarily with research in the field of *clinical ecology*, and also describes how people have improved their health by changes in habits, diet and environment. As such, it does *not* offer medical advice, and we urge persons wishing to experiment with changes in their lifestyle to do so with the help and guidance of a knowledgeable physician.

The Human Ecology Foundation of Canada

One of the purposes of the Human Ecology Foundation is to promote the free exchange of information on the prevention and treatment of ecological illness. People who are ecologically ill are no longer able to adapt well to common exposures in their everyday environment. They may develop a variety of chronic or acute symptoms that are brought on by substances in the air, in food, or in water.

Natural inhalants such as pollens, dust and moulds, and even natural foods may begin to affect people adversely. This aspect of the condition is often referred to as allergy. But the many synthetic chemicals that are now common around us can also cause symptoms, and overexposure to these can trigger ecological illness even in those with no history of allergy or other sensitivity to the environment. Symptoms may be mild and merely annoying, or they may become severe enough to interfere with a person's daily activities, family life and career.

On a local basis, HEF Branches work toward finding sources of chemically less-contaminated food, water, clothing and household furnishings, as well as providing counselling on changes of lifestyle that may alleviate symptoms. The Foundation and all its Branches would like to encourage others to become involved not only in research on the effects of environment on health, but in working toward a healthier, less-polluted environment.

Directors of the Foundation

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Subscription and Membership

Membership in the Foundation includes a subscription to *The H.E.F. Canada Quarterly*, which is produced four times per year. Annual membership and subscription fee \$15. Corporate Sponsorship \$100. Donations tax-deductible.

Advertising Policy

The *Quarterly* accepts business card advertising for a fee of \$50 for four issues, payable to "The Human Ecology Foundation of Canada". Advertisements are for support of the magazine only and do not in any way imply that the Human Ecology Foundation endorses any particular products or services mentioned therein. Readers with multiple sensitivities are advised to assess products carefully for personal compatibility, since individual sensitivities vary widely.

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This issue of the *Quarterly* is almost entirely devoted to products and helpful hints — for those who are sensitive to foods and chemicals, and who need to modify their environment in order to stay well.

Publishing consumer commentary on products and services is dangerous at the best of times, and we realize that when dealing with the manifold problems of allergic people, there are dozens of pitfalls. It can be summed up in an age-old saying: *One man's meat is another man's poison.*

We are therefore cautioning our readers to beware of anything anyone tells you, even if it is printed in your own *Quarterly* magazine. The helpful hints and product descriptions you will find in the following pages are each the experience of individuals, and there has been no program of testing of the advice to determine if it is widely acceptable for sensitive individuals.

Test for Yourself

It is always wise to assume that the safety of any product you are considering is unknown, until you have investigated it and even tested it for yourself in your own way. Our files are beginning to fill with the terrible tales of those who thought they could skip this step.

"If so-and-so says it is all right to use, I will just go ahead and use it." And they do. But then they write us and say what terrible reactions they had to a product which they were told would be 'safe'. For some people it probably was. Even the doctor thought it would be safe. But it is your own test in the final analysis which will tell for sure.

This is one idea that we have had difficulty getting across to some government officials who deal with safe and tolerable limits of exposure for various chemicals. Everyone appears

to be different. Some people cannot tolerate the full limits of exposure that others can. These people need to be able to choose their environment carefully, and must have the option of avoiding what to them constitutes high and dangerous exposures, no matter how low the reading on the scale.

So we have opted to print as much information as we can get our hands on. We know that some of it will have to be adjusted, qualified, and modified as we get more knowledge. In the meantime, our readers will exercise their own caution — using what ideas they can for benefit, weeding through and rejecting others that either are not helpful or are not suited to their own situation.

Getting More Organized

Over time we will have to make the process more organized. We announced in a previous issue that HEF Toronto was beginning to put together a "data bank" that would benefit all members of the Foundation. In this data bank, we are beginning to collect and catalogue all kinds of information, from formal medical studies to random helpful hints like those presented in this issue. We will be indexing them and printing them in such a way that readers will be able to order copies of relevant pieces of information to suit their needs (much the same way as you can now order *Quarterly* reprints from the publication list on the back page of this issue).

If the information bank is to be successful, we need the help and enthusiasm of many HEF members. Think of it as a framework of empty shelves ready to serve you as a library of information. Our next job is to fill the shelves. If anyone has any information pertaining to clinical ecology

and improving people's health, we would like to know about it, and preferably, get a copy and permission to reprint it for others.

Similarly, if you see any information about clinical ecology and other ways of improving health, and have anything to say about it — either positive or negative, we would like to hear from you and be able to put your comments on file. If any of the products we have listed either have or have not worked for you, let us know, so that we can give the next person more information.

Clinical Ecology appears to be coming of age, and we are seeing more and more signs of public acceptance of its basic concept — that your health can be affected by the physical environment around you. This has brought an increase in the number of requests for information, and a rapid expansion in the numbers of members in the Foundation.

If we are to succeed in being the information organization we set out to be, we must once and for all get our information in order, so that others may have a chance to see it. We are seeing much progress on these lines, but the demand for more gets stronger. As your *Quarterly* editors we look forward to seeing more and more Foundation members seeking out and sharing information with others. We need more who will act upon the information themselves, and who will also take the time and effort to make it available to others in our society who have the power to put it to use on a larger scale.

We hope you find much of interest in this issue and look forward to hearing your suggestions for topics we might cover in the future.

Bruce and Barbara Small
Editors

RESOURCES — *Finding Useful Products*

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During 1981 HEF Toronto conducted a survey through the *Quarterly* to find out what products our members found most useful. Mrs. Joy Underwood has assembled the results for this issue. Our thanks go to her and to all those who have contributed ideas.

We must caution our readers that none of these products have been tested by the Human Ecology Foundation of Canada, nor are they endorsed by it. Since they are suggested by persons who suffer from ecological illness, many of the products are likely to be 'safe' products. All readers are warned, however, that sensitivities vary widely, and that what works for one person may not work at all, or may even be hazardous for another person.

Feedback from readers is therefore encouraged. We will enter all the information we get into our new data bank so that others can benefit from your comments. Those wishing to suggest new products or comment on any of the suppliers listed here should write to: Mrs. Joy Underwood, Apt. 1202, 1175 Broadview Ave., Toronto, Ontario M4K 2S9.

Food Sources — Ontario

Each HEF Branch issues a list of food sources in the area surrounding it (Hamilton, Kitchener, Ottawa, Toronto). A master list is being prepared as part of the data bank project, but an additional volunteer is needed to pull this together (Contact the *Quarterly* office). The additional sources reported in the survey and listed below may duplicate existing lists to some extent.

- Sun City Health Food Store, Orillia, Ontario.
- Nature's Way store in Hanover, Ontario.
- BakerMaster Foods Ltd., 164 Kane Ave., Toronto, Ontario (Rodgers Rd., Eglinton, and Keele area) (all baked goods, no preservatives or

additives, unbleached flour; also available in some health food stores).

- Eden Winecraft and Health Foods Ltd., Bayfield Mall, Barrie, Ontario.

- Moose, deer, and organic lamb — contact HEF Kitchener, c/o Nora Schallhorn, 11 Drew Ave., Cambridge, Ontario, Tel: (519)-621-0245.

- Elora Rd. Meats, Mildmay, Ontario (organic beef, pork, chicken, also bacon and pork sausage with or without nitrate, liver, head cheese and bologna).

- Filsinger Natural Foods, R.R.1, Ayton, Ontario, Tel: (519)-665-7763 (apples, juice, pears, grapes, sometimes organic lemons and oranges, apple butter without sugar, pure molasses (no sulfur), vinegar, honey).

- Eureka Foods, 150 Hespeler Rd. (Galt), Cambridge, Ontario, Tel: (519)-622-1660 (eggs, raw milk cheese, goat's milk and ice cream, honey, peanut butter).

- Eureka Health Foods, 547 Speedvale, E. Guelph, Ontario, Tel: (519)-821-4660.

- Sunrise Mills, 680 Fountain St. N., Cambridge (Preston), Ontario, Tel: (519)-653-6661 (organic stone ground flours, oils, etc., some organic dried fruits).

- Canadian Health Aids Co., 21 Rebecca St., Hamilton, Ontario, Tel: (416)-529-9072 (nuts, dried fruits, legumes, milk, cheese, etc.).

- Nanny's Natural Foods, Fonthill, Ontario (can order organic grains, have some fruits and vegetables, plus the usual items of health food stores).

- Caribana, 441 King St. E., Hamilton, Ontario, Tel: (416)-527-8156 (variety of yams, plantain, green bananas, taro or dasheen, coco, eddo, breadfruit, avocado, etc.).

- Therafields Organic Farms, R.R.5, Orangeville, Ontario L9W 2Z2, Tel: (519)-941-4592 (full range of vegetables, strawberries and raspberries, all organic; orders can be phoned in to Toronto headquarters

and picked up at Therafields Environmental Centre Ltd., 310 Dupont St., Toronto - phone (416)-964-7919, order beginning of year).

- The Ocean Fishery Ltd., 110 Simcoe North, Oshawa, Ontario, Tel: (416)-725-4981, and 34 Hunt St. (off Harwood), Ajax, Ontario (fresh fish without additives).

- Knob Hill Farms, Hwy. 2, Pickering, Ontario (some yams, batata, plantain, yuca, avocado, mango, hard sheep cheese (salted) and feta cheese).

- Sunflower Health & Beauty Foods, 1050 Simcoe St. N., Oshawa, Ontario, Tel: (416)-723-5654 (colour-free/salt-free butter, some organic grains; will accept special orders).

- Go Natural Health & Beauty Store, 121 Brock St. N., Whitby, Ontario, Tel: (416)-668-2661 (colour-free butter, living lettuce, tapioca flower, Crystal Springs water).

- Pirri's Dixieland Market Ltd., 1108 Pharmacy Ave. at Lawrence, Scarborough, Ontario, Tel: (416)-759-0473 (variety of yams, plantain, green bananas, taro, breadfruit, coco, eddo, yuca, cassava, avocado, mango, papaya, etc.; East and West Indian products flown in regularly).

- Cash and Carry Warehouse, 1025 Birchmount Rd. at Eglinton, Scarborough, Ontario, Tel: (416)-759-5214 (same as for Pirri's above).

- Alpha Foods, P.O. Box 203, Waterloo, Ontario N2J 3Z9, Tel: (519)-576-5976 wholesale importers and distributors of baking supplies, natural foods, organic grains, dried fruits, etc.; \$150 minimum order, deliveries weekly in Kitchener-Waterloo, Toronto, London, and Hamilton-Burlington areas).

- Ambrosia Wholesale Natural Foods, 350 John St., Thornhill, Ontario, Tel: (416)-881-7811 (nuts, dried fruits, etc.).

- Grain Process Enterprises Ltd., 39 Golden Gate Court, Scarborough, Ontario, Tel: (416)-291-3326 (several grains and flours in larger quantities, e.g. arrowroot flour in 10 lb. bags).

- Johnvince Foods Ltd., 555 Steeprock Dr., North York, Ontario, Tel: (416)-636-6146 (*tapioca flour*).

- Baldwin's Natural Foods, 20 1/2 Baldwin St., Toronto, Ontario, Tel: (416)-979-1777 (*organic grains, fruits, dried fruits, vegetables and meats, depending on availability*).

- Rube's, St. Lawrence Market, Toronto, Ontario (*large selection of flours and grains, dried fruits, nuts, etc.; will order anything not in stock whenever possible*).

- Sunrise Health Foods, 5 Roslin Ave., (Yonge & Lawrence), Toronto, Ontario, Tel: (416)-487-1210 (*organic meats and dairy products (will order), sometimes rice and vegetables, pure honey (no additives)*).

- Ray Service, Tel: (416)-689-5712, about 7 miles north of Hamilton, Ontario on Hwy. 6 (*chickens*).

- Dieter Voigt, R.R. 1, Moorefield, Ontario N0G 2K0, Tel: (519)-638-3276 (*organically raised pork*).

- Horst Brotherton, 151 Esson St., Waterloo, Ontario, Tel: (519)-745-8793 (*raccoon, muskrat, groundhog, by request*).

- Ted Willis, Beeton, Ontario, Tel: (416)-729-2560 (*organically raised capons, ducks, geese, turkeys, rabbits, goats, lambs, pork, beef; eggs and unpasteurized goat's milk*).

- Murray Haywood, 15 Centre St., Orangeville, Ontario, Tel: (519)-941-1869 (*a variety of vegetables, cauliflower a specialty, organic*).

- Morley Klodt, 1724 Waterdown Rd., Burlington, Ontario, Tel: (416)-689-8015 (*organic tomatoes, green peppers, some types of squash*).

- Alex W. Caron, R.R.3, King City, Ontario L0G 1K0, Tel: (416)-727-8953 (*organic vegetables, eggs, can locate other organic sources*).

- The Canadian Whole Food Book, includes coast-to-coast directory of growers, \$8.95 from Harrowsmith Magazine, Camden East, Ontario K0K 1J0.

Food Sources — Manitoba

- Anderson's Organic Grains, Box 186, Lowe Farm, Morris, Manitoba (*will ship whole grains or stone ground flours*).

Food Sources — British Columbia

- Wild West Organic Harvest Co-op, 1275 East 6th Ave., Vancouver, B.C. (*fruits, vegetables, nuts and juices*).

- Woodward's Downtown Vancouver Store, 101 West Hastings St., Vancouver, B.C. (*grains, yogurt*).

- Golden Bough Herb Store, 1913 Yew St., Vancouver, B.C. (*herbs, spices, seeds for sprouting, untreated seeds for gardening*).

- Lifestream stores at 1813 West 4th Ave. and 2582 W. Broadway, Vancouver (*organic fruits and vegetables, cheese yogurt, baked goods, grains, herbs*).

- Good Morning Dairy Bar Ltd., 1833 W. 4th Ave., Vancouver (*free-range chicken eggs and sometimes duck eggs, goat's milk ice cream, yogurt*).

Food Sources — United States

- Briggs-Way Company, Uga-shik, Alaska 99683 (*salmon hand-packed in glass (salted or unsalted), hickory-smoked salmon caviar; takes a long time to get supplies, order enough for a year at a time*).

- Czimer Foods Inc., Route No. 7, Box 285, Lockport, IL, USA 60441, Tel: (312)-460-2210 or 3503 (*all kinds of game meat and birds, ship by air freight, UPS, etc. with dry ice*).

- Covalja Dole Co., Box 908, Coachella, California, USA 92236.

- Eden Foods Inc., 701 Tecumseh Rd., Rte. 1, Clinton, MI 49236 (*organic grains, flours, legumes, pasta, seeds, dried fruits, etc.; 50 cents for catalog*).

- Effie May Farms, Route 1, Box 422-B, Hidden Glen Rd., Alpine, CA, USA 92001 (*fresh organic fruits and vegetables, will ship*).

- Ener-G Foods Inc., 6901 Fox Ave. South, P.O. Box 24723, Seattle, Washington, USA 98124, Tel: (206)-767-6660 (*specialized foods for people with allergies and on elimination diets, will send lists of foods available and ingredients*).

- Jaffe Brothers, P.O. Box 636, Valley Center, California 92082, Tel: (714)-749-1133 (*dried fruits, nuts, grains, seeds, honey, oils; organic*).

- Hans Mueller, Inc., 2459 Southwell, Dallas, Texas, 75229, Tel: (214)-241-2793 (*sausages (no nitrates, no nitrates or any other preservatives); mail order service in the United States*).

- Nature's Shelf Food Coop, 2024 MayBank Highway, James Island, South Carolina, USA 29412, Tel: (803)-795-6363.

- Sunburst Natural Foods, 20 South Kellogg, Goleta, California, USA 93017 (*organic foods, will ship fresh produce*).

- Vita Green Farm, Box 878, Vista, California, USA 92083.

- Walnut Acres, Penns Creek, Pennsylvania 17862 (*organic foods; send for catalogue*).

Tips on Water Sources

Some of our Quarterly readers obtain water from a number of springs:

- In St. George, Ontario, on Hwy. 5 east of Hwy 24, beside the fire hall.

- In Hockley Valley, Ontario, on the north side of Hockley Rd. 7, 5 miles west of Hwy. 18 or Airport Rd., north of Hwy. 9.

- In Durham Region, Ontario on Hwy. 23 from a culvert on the east side of the road near the sign to Dagmar ski tow (south of Hwy. 47).

- In the village of Carlisle, Ontario, on Progreston Rd. near the dam.

Other tips included the following sources of water or means of purifying it:

RESOURCES — Finding Useful Products (continued)

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- Bottled Water from St. Rupertus in Germany.

- Spring Water from Crystal Springs Water Supply, 7151 FirTree Dr., off Airport Rd. in Mississauga, Ontario (*available in many supermarkets and health food stores; buy the 4 gallon glass jar rather than the plastic containers*).

- Distilled Water from a home water distiller produced by Pure Water Industries of London, Ontario (*Station C, London, Ont. N5W 5G9*) or from Pure Water Inc. (*Box 83226, Lincoln, NB 68501*) in the United States.

- Distilled water using an Aqua Clean Distiller.

- Culligan Reverse Osmosis System from local Culligan Water Conditioning dealer in British Columbia.

- Purified Water from Western Nature Pure Water Industries, 3442 Bridgeway St., Vancouver, B.C. V5K 1B6.

- Spring water bottled locally in Highland Park, Illinois.

- White Springs Water Co., Jacksonville, Florida, USA 32208, Tel: (904)-764-0511.

- Distilled and mineral water sold at health food stores such as Brighter Day Health Food Store in Savannah, Georgia.

- Montclair mineral water in glass containers.

- Mountain Valley bottled water.

Clothing and Fabric Sources

- Cotton socks for children at Kiddie Cobbler, Eastgate or Penn Central, St. Catharines and Hamilton, Ontario.

- Natural Fibre clothing from Garnet Hill, Franconia, New Hampshire, USA 03580, Tel: (603)-823-5545 (*1981 catalogue on file with HEF Toronto*).

- Cotton fabrics from Fabricland in Barrie, Ontario.

- Cotton fabrics from Granny Taught Us How, Violet Hill, Ontario.

- Cotton fabrics from K-Mart stores, Michigan, USA.

- Yard goods, from Natural Fabric Club, 521 Fifth Ave., New York, NY, USA 10017.

- Cotton bras and panties at Sibortz House, Honolulu.

- Pure silk at reasonable prices at Indian and Chinese stores.

- Cotton clothes at Levis stores.

- Some 100% cotton items at J. Michael Stores (Ontario) (*caution: the cotton sweaters are coated with some kind of plastic or synthetic*).

- Cottons at Bruce Gordon's, Cross Roads Shopping Centre, Savannah, Georgia.

- Erlander's Natural Products, Box 106, Altadena, California, USA 91001, Tel: (213)-797-7004 (*various natural fabric products, send for catalogue*).

- Leather, cotton and wool from L.L. Bean Inc., Freeport, Maine, USA 04033 (*note: watch out for synthetics*).

- Silk stockings, cotton items, from Visions, P.O. Box 239, Menlo Park, CA, USA 94025, Tel: (415)-328-4764.

- Cotton Dreams, 999 Laredo Lane, Sebastian, Florida, USA 32958, Tel: (305)-589-0172.

- Dearfoam Slippers, cheaper than leather, washable, at downtown Simpson's in Toronto.

- Cotton underwear for women at Marks & Spencers; note elastic is covered.

- Leather sandals and moccasins for men and women, from Simpson's catalogue.

- Cotton unisex clothing — jackets, slacks, vests, shirts, shorts, etc. — from Kettle Creek Canvas Co., 533 Richmond St., London, Ontario; also located at Bloor & Yonge Sts. in Toronto and at Port Stanley and Bayfield, Grand Bend, Ontario.

- Natural Fibre Used Clothing from SAB, 272½ Queen St. W., Toronto, Tel: (416)-363-2819, open

Mon-Sat 10am to 6pm, Thursday and Friday to 9 pm.

- Cotton and wool clothing at discount prices, also silk blouses, dresses and pants at Willy Wonderful Ltd. (*a chain of four stores with head office in Toronto, 2683 Lawrence Av. E., Tel: (416)-751-1300*).

- Cotton blouses, skirts, slacks and vests (*sometimes but not always good quality — check for flaws*), also cotton coats and wool sweater coats occasionally, from Lawrence Emporium at 1973 Lawrence Ave. E. or 5576 Yonge St. in Toronto.

- Cotton dresses, skirts, blouses (*designed in Canada, made in India*), also some woolen and rayon articles, from Morningstar, 31 Baldwin St., 680 Yonge St., or 15 St. Joseph St. in Toronto.

- Ladies' shoes with leather uppers and soles, made in Brazil, from Phillips Shoes, Inc., Parkway Mall (Victoria Pk. & Ellesmere), Scarborough, Ontario, Tel: (416)-447-1971 (*manager aware of HEF members' needs, very co-operative, trying to get more shoes that will be suitable*).

- Cotton and silk stockings, from France and Switzerland, at the Hosiery Box, 99 Yorkville Ave., Toronto, Ontario, Tel: (416)-961-7480.

- Silk and a few cotton fabrics at Fabricland Store in Woodside Square, McCowan and Finch Aves., Scarborough, Ontario, Tel: (416)-291-9443 (*Manager will give a 10% discount on non-sale fabrics to HEF members, and hopes to stock more untreated fabrics in the future*).

- Silk thread and 2 ply cotton thread suitable for sewing silk materials, fine sewing machine needles, from White Elna Sewing Centre, Newtonbrook Plaza, 5827 Yonge St., North York, Ontario, Tel: (416)-225-9000.

- Cotton clothing from The Cotton Place, P.O. Box 59721, Dallas, Texas 75229, Tel: (214)-243-4149 (*formerly Ecologist's Cotton Co-op*), catalogue \$1 US.

- Various fabrics and clothing from Sears and J.C. Penney, both catalogues and stores.

RESOURCES — *Finding Useful Products* (continued)

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- Natural fabrics from Moodyville Canvas and Cotton Ltd., 99 Lonsdale, North Vancouver.

- Natural fabrics from Western Canvas and Cotton Ltd., 3594 West 4th Ave., Vancouver.

- Cotton sweaters and socks, from Woodward's Department Store, Vancouver.

- Cotton drawstring pants, shirts, jackets, blouses, from Deva, P.O. Box C, 303 East Main St., Burkittsville, Maryland, USA 21710.

- Cotton clothing from Good Things Collective, 52 Main St., Northampton, Massachusetts (free catalogue available).

- Cotton clothing from the Vermont Country Store, Weston, Vermont, USA 05161 (free catalogue available).

- Cotton clothing from the Country Store, Route 1, Box 168, Washon, Washington, USA 98070.

- Cotton clothing from Especially Maine, U.S. Rt. 1, Arundel, Maine, USA 04046.

- Cotton fabrics, beeswax candles, from S.C. Huber, Accoutrements, 82 Plant Dam Rd., East Lyme, Connecticut, USA 06333.

- Cotton clothing for infants and children, at The Children's Design Center, RD4, Geyser Rd., Saratoga Springs, New York, USA 12866, Tel: (800)-833-4755 for catalog, (800)-342-4774 in New York State.

- Cotton, silk, wool clothes, from Orvis, 10 River Road, Manchester, Vermont, USA 05254, Tel: (802)-362-1300 (*catalogue of sporting goods available*).

- Silks from Sureway Trading Company, 111 Peter St., 2nd floor, Toronto, Ontario.

- Viyella shirts, down-filled outerwear, wool-blend jackets at Samples and Seconds Shoppe, one mile east of Belleville, Ontario on 2 Hwy., Tel: (613)-968-6583, Tues.-Sat. 10am to 4pm.

Some tips on clothing and fabrics:

- Buy one size larger to allow for shrinkage in the washer and dryer.

- Make your own clothes *after* washing the materials thoroughly.

- When shopping for futons beware — some brands contain treated cloth. Some suppliers will let you wash all fabric first before they assemble it. One reader found that special futon covers and pillows had been made of treated cloth, and could not be tolerated.

- To obtain wool that hasn't been mothproofed check with local weaving supply outlets — they may know someone who would spin raw wool for you.

Home Furnishings

- Verlo Mattress Company, P.O. Box 298, Whitewater, Wisconsin, USA 53190.

- Made to order encasings for pillows, mattresses, and box springs, from Allergen Proof Encasings Co., P.O. Box 2033, Windsor, Ontario N8Y 4R5, Tel: (519)-253-6335.

- Cotton mattresses, made to order from Royal Mattress Co. in Hamilton, Ontario (*must be aired a while before using*).

- Unfinished furniture (e.g. dresser drawers) from The Sawmill, 26463 Hoover, Warren, Michigan.

- Feather beds from Feathered Friends, 2130 1st Ave., Seattle, Washington, USA 98121 (*request all cotton cover*).

- Humidifier — one person uses a GE electric kettle with simmer setting, or a pot of water on the stove set at simmer (*take precautions to avoid boiling dry*).

- Dimplex electric hot water radiator heaters, from Air Conditioning Engineers, P.O. Box 616, Decatur, Illinois, USA 62525. (*can order unpainted; note also ad for used heater in "Personal" section of this issue*).

- Don Burns, 1105 Clio, Honolulu, Hawaii, USA 96822 (*furniture maker using hardwoods and Elmer's glue*).

- Air Depollution Units from Read Miner, Air Conditioning Engineers, P.O. Box 616, Decatur, Illinois, USA 62525.

- Cellophane moisture proof bags, all sizes, from Nu-Vita Foods, 7524 S.W. Macadam, Portland, Oregon, USA 97219.

- Stainless steel centrifugal juicer from Acme Juicer Manufacturing Company, 10th Lowther Street, Lemoyne, Pennsylvania, USA 17043, Tel: (717)-737-5205, or 34 North Baldwin St., Sierre Madre, California, USA 91024, Tel: (213)-355-1189 (*in Canada call collect (717)-737-5205 to inquire about distributors*).

- Room Air Cleaner from E. L. Foust Co., P.O. Box 105, 191 Sunnyside Ave., Elmhurst, Illinois, USA 60126 (*reader notes that unit gives off a 'petro' odour when the motor warms up*).

- For upholstery, use a local upholsterer who is willing to follow instructions.

- Handwoven cotton rugs made to order, from Chris McMaster, Inglewood, Ontario, Tel: (416)-838-3189.

- For an interior decorator who can make some suggestions about home furnishings, call Virginia Redpath, at Feather Your Nest, Orangeville, Ontario, Tel: (519)-941-2536.

- Small mini-trampolines available at many health supply outlets are used for keeping muscle tone and clearing symptoms during an allergic reaction.

- Visconti Francesco line of stainless steel cookware now available with original plastic handles replaced by ones of stainless steel, from Williams-Sonoma, Box 3792, San Francisco, California, USA 94119, Tel: (415)-652-1515.

- Cuisinarts, Inc., 411 Putnam Ave., Greenwich, Connecticut, USA 06830, Tel: (203)-622-4600 (*"Commercial" line of cookware with stainless steel handles instead of plastic impregnated wood ones on original line*).

RESOURCES — *Finding Useful Products (continued)*

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Cosmetics and Toiletries

- Moisture cream from Avon.
- Clinique soap for body and face.
- Toilet tissue from grocery stores; baking soda as deodorant.
- Toothpaste from 3 parts baking soda, 1 part salt, or just floss and brush with water.
- For breath sweeteners and mouthwash: if tolerated, most of the following can be chewed, made into a tea, or soaked in 75% alcohol for a week and then diluted to make a mouthwash — *caraway seeds, fennel seeds, aniseed, cardamon seeds, cloves, European angelica root, gum mastic, mint leaves, orris root, parsley, peppermint oil (additive), sweet flag root, tarragon tea*. (Ref. The Herb Book, by John B. Lust, Bantam Books, 1974)
- Any tolerated soap can be used as a shampoo provided you have soft water; follow with a lemon rinse if tolerated.
- Clay deodorants. A white powder (*Pierre Cattier* brand) is a convenient form at health foods stores. *Jordan*, sold by potter supply houses, is another unbaked and otherwise untreated source that is reportedly "active". Care is suggested to avoid inhaling clay dust (*although our reader knows of no reports of harm by clay, she notes that inhalation of other silicates, including talc, has been linked with serious lung diseases*).
- Soaps — Clinique, Marcelle, Ivory, Basic, Aveeno, Rokeach, Peau Seche or any other unscented soaps with no "bacteriostatic" claims.
- Reviva Lab's "All Natural Ltd." Health and Beauty Products, 1388 Bunker Hill Dr., Cherry Hill, New Jersey, USA 08033.
- Infinity soap packaged in the U.S. (green label) contains formaldehyde; that packaged in Canada (yellow label) does not.

- Conditioning lotion by Wondra, unscented, at local drug stores.
- Make-up by Almay and Marcelle, sold at Boots and Shoppers Drug Mart stores, as well as Eaton's Department stores in Ontario.
- Lipstick and moisture cream by Marcelle (see locations above).
- Lipstick by DuBarry (availability changes).
- Toilet Soap — 'Tom's', at health food stores.
- One person makes their own soap by following the directions given in Harrowsmith Magazine, issue 11 (write Harrowsmith, Camden East, Ontario K0K 1J0), and from the book "Art of Soapmaking". To make soap all you need is lye and any tolerated fat. Instructions are also on the lye container.
- Toothpaste and deodorant — one reader suggests using baking soda.
- Imported denture materials, from Europe, contact Heinz Rufenback, Denturist, 299 Cedar St., Simcoe, Ontario, Tel: (519)-426-8466, or Bert Rufenbach, Denture Therapy Clinic, 720 Upper James St., Hamilton, Ontario L9C 2Z9, Tel: (416)-387-9012.
- Shampoo by Clinique (no after-odour), also DAX vegetable oil shampoo from some east Indian stores, and Freeman Kelp Shampoo from Lifestream.
- Toothpaste — Barth's Natural Toothpaste, at Lifestream and Woodward's in Vancouver, B.C.
- Cetaphil liquid soap, contains no lanolin, sold in U.S. at pharmacies.
- Shepard lotion, nonscented as a moisturizer, sold in U.S. at pharmacies.
- Marcelle Hypo-Allergenic Soap (no after-odour), sold at drug and department stores.
- Robert Sesame Coconut soap, non-drying, made by L.E. Robert Co., Inc., Farmingdale, New York, USA 11735.

- Neutrogena unscented soap, sold in pharmacies.
- Sirena coconut soap, from Lifestream Natural Foods.
- Ivory Soap.
- Kloramine NP-204, special low-odour detergent for ecology patients, from Mrs. Jennie Mansell, 242 Chartwell Road, Oakville, Ontario L6J 3Z9, Tel: (416)-845-5707.

Cleaning Aids

- General purpose cleaning — baking soda, vinegar, borax, ivory liquid, bon ami, Kloramine NP204 (see Toiletries above), lots of hot water, Basic H (*from Shaklee distributor*), Zephirin (*from pharmacy*), stainless steel scouring pads.
- Heavenly Horsetail Soap, available from Lifestream stores in Vancouver.
- Amway Liquid Organic Cleaner (LOC) and Amway Dishdrops (dishwashing liquid), from Amway distributors in Canada.
- Neo-Life washer and dishwasher detergent, from distributors in the U.S.
- Borax, for laundry, in dishwasher, for cleaning sinks or bathtubs, etc. (*note: one reader cautions to keep it away from perfumed products, as it will absorb odours*).
- Amex Powdered Ammonia from Miracle Mart Supermarkets (*note: smells strong when you add it to the washer but leaves no after odour in clothes*).
- Perma-Glo Carpet and Upholstery Cleaner, from Woolco Department Stores (also removes ball-point pen marks).
- Pro-Hardware Window Cleaner, from Pro-Hardware, Agincourt Mall, Sheppard & Kennedy, Agincourt, Ontario (*note: not good, but better than some in terms of smell, cleans well, also works on paint and rinses off*).
- Super-fine steel wool — smells but carefully used can speed up difficult cleaning jobs.
- Handwashing in hard water area — dissolve a small amount of borax in hot water; grate bar of ivory soap using kitchen grater. Add, stir

RESOURCES — *Finding Useful Products (continued)*

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and/or heat to dissolve; cool to desired temperature.

- Window cleaning — apply dilute solution of sodium bicarbonate (baking soda) with a paper towel. Remove with squeegee. Go over surface again with soaking wet (water only) paper towel. Squeegee again.

- Window cleaning — inside surfaces during cold weather: boil water on hotplate until condensation forms on window. Squeegee. May not get windows completely clean, but if they are quite dirty, will yield a big improvement with relatively little work.

- Nature Clean — from health food stores.

- Washing soda, from grocery stores (*note: one reader warns that Arm & Hammer's newest product contains perfume*).

- All Purpose Cleaner, good for dishes, from Infinity Herbal Products, Toronto, available in health food stores.

- Rhubarb — rub on to remove stains in sink or toilet bowl.

- To clean paint stained hands — rub on a little margarine instead of turpentine.

- Hawkes Lemon Oil.

Building Supplies

- One reader cautions not to use cellulose insulation.

- Cover walls with pre-washed fabric held in place with clear plate glass, framed by untreated, unsprayed hardwood or metal (*wood can be oiled with safflower oil*).

- Use large pieces of glazed ceramic tiles or marble for floors (less grout than for small pieces).

- Aluminum foil tape, distributed by Scholl (Canada) Inc., 174 Bartley Dr., Toronto, Ontario, Tel: (416)-755-4141 (*inquire about retail outlets in your area*).

- One reader suggests trying Benjamin Moore Latex Paint, available at various stores in Ontario.

- Another suggests that *pure acrylic* paint may give fewer problems than other kinds. Test carefully.

- MacTac Wall Covering, at Eaton's, Robinson's, Woolco in Ontario (*test sample first*).

- Doors and cabinets — one reader suggests poplar stained with home-made stain made by mixing water and walnut shells.

- Milk-Based Paint, from the Old Fashioned Milk Paint Co., Box 222, Groton, Massachusetts, USA 01450 (*send self-addressed envelope*).

- Trane Air Conditioning, Package Terminal Air Conditioner & Heat Pump, PTHA1201TUB Model.

Travel Products and Tips

- Use charcoal filled bean bag or face mask in car, at airports, etc.

- Use air purifier bottle with bamboo mouth piece from Read Miner, Air Conditioning Engineers, P.O. Box 616, Decatur, IL, USA 62525.

- Take your own water, food, and alkali salts.

- Take something to sit on, such as a cotton or wool blanket for the car and public places. Some people use a foil wrapped cardboard seat as a barrier to plastic and other chemically treated chairs.

- Travel by van — you don't have to worry about motels or other accommodation.

- Breathing Mask, available from Safety Supply Canada, 214 King St. E., Toronto, Ontario, also at 947 Warden Ave, Scarborough and 5138 Everest Dr., Cooksville, Ontario (*note: it is very hot during the summer months, but fine for cooler weather*).

- 3M Nuisance Odour Mask 8713, charcoal-impregnated paper mask, available at Levitt Safety, Laird Drive, Toronto, and other safety supply stores (*note: some people have experience severe irritation due to synthetic materials especially on inner surface*).

- Take your own cotton linen to use in motels, and wrap it around to protect against synthetic sheets.

- Koolatron Portable Refrigerator, can be plugged into lighter outlet in car, will keep foods hot or cold, also plugs into electrical outlet, available from Simpsons-Sears catalogue and at the Mail Order Store, 85 Shuter St., Toronto, Ontario (also available in the U.S. and other parts of Canada).

- Eyeshields, washable, helpful to passengers on planes, trains, etc., from department stores.

- Sunglasses — one reader suggests using Polaroid, with glass rather than plastic.

- Take all your own medication with you, including over-the-counter drugs, alkali salts, etc., as you don't know what fillers are in unfamiliar brands.

Garden and Pest Control

- Oak Manor Farm, call David or Delton Riebling, (519)-662-2385 (*organic feed for poultry and other animals*).

- The Harrowsmith Sourcebook, a complete compendium of alternative sources, listing tools, garden supplies, breeding stock, craft materials and alternative technology, \$7.95 from Harrowsmith, Camden East, Ontario K0K 1J0.

- Organic Gardening — a monthly publication by Rodale Press, Emmaus, PA.

- Beneficial insects, including ladybugs, from Fossil Flower, 463 Woodbine Ave., Toronto, Ontario M4E 2H5, Tel: (416)-691-6029.

- Thuricide microbial insecticide is biodegradable.

- Use compost for the garden.

- Dig dandelions with tool designed especially for the job (check with hardware and garden supply outlets).

- Neo-Life Green and Sea-Gro for fertilizer and pest control, available from distributors in the U.S.

- Seeds, fertilizers and insect control measures for organic growers, from William Dam Seeds, West Flamboro, Ontario L0R 2K0 (free mail order catalogue).

RESOURCES — *Finding Useful Products (continued)*

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- Boric Acid Powder just inside sliding glass doors kills ants and roaches; also put in cabinets and under appliances (brand name Roach Proof from drugstores and markets — keep out of reach of children). One reader notes that ants of several years' residence disappeared after boric acid powder was sprinkled on the floor around entrances to the nest, which was apparently located in the wall of the building.

- Kill the bugs as you see them.
- Find a contract gardener — someone who will grow food for a customer according to your specifications.

- The Ruth Strout No Work Garden Book.

- McCormick garlic juice — spray around, bugs don't like the smell (*doesn't plug up the fine sprayer hole as crushed fresh garlic does*).

- Edible Landscapes — "permaculture" gardening bringing together animals, perennials, herbs, native plants, soil improvers, ornamentals and beneficial bird and insect attractants — contact Robert A. White, 261 Albany Avenue, Toronto, Ontario M5R 3C7, Tel: (416)-535-6241.

First Aid Supplies

- Webber Vitamin E ointment, for cuts and bruises, unscented.
- Boots plastic bandages, from Boots Drug Stores in Ontario (*note: these don't wear well, but they have almost no smell*).

Vitamin and Mineral Supplements

- Products free of fillers, binders, etc., in capsules which can be emptied, from Willner Chemists, 330 Lexington Ave., New York, NY, USA 10010.

- Advanced Medical Nutrition, Inc., 2575 Buena Vista Avenue, Walnut Creek, California, USA 94596,

Tel: (415)-945-7642, (*vitamin mineral products specially formulated for ecologically sensitive patients*).

Books and Magazines Suggested by Readers

- Coping with Your Allergies, by Natalie Golos.

- Journal of Health Science, 1238 Hayes, Eugene, Oregon, USA 97402 (published quarterly), \$12 US for Canadian orders.

- Prevention Magazine.

- A Field Guide to Edible Plants of Eastern & Central North America, by Lee Peterson.

- Edible Wild Plants of Eastern North America, by Fernald, Lyndon & Kinsey.

- Booklet on rotation diet entitled *Enjoy Nutritious Variety*, 23 pages, by Marjorie Fisher, checked over by Dr. Randolph. Order from Nutrition for Optimal Health Association (NOHA), P.O. Box 380, Winnetka, Illinois, USA 60093, for \$1.50 including postage. Ten copies or more 60¢ each.

- Touch for Health, from T.H. Enterprises Store, 1200 North Lake Ave., Pasadena, California, USA 91104, \$12.95 US plus \$1.50 US for postage (*layman's guide to massage and acupuncture to reduce physical and mental pain and tension*).

- Why Your House May Endanger Your Health, by Alfred Zamm and Robert Gannon, Simon & Schuster, 1980.

- Clinical Ecology, edited by Lawrence D. Dickey, Charles C. Thomas, Publisher, 1976.

- Food Allergy, by Rinkel, Randolph and Zeller, reprinted in 1978, available from New England Foundation of Allergic and Environmental Diseases, 3 Brush St., Norwalk, Connecticut, USA 06850.

- Human Ecology and Susceptibility to the Chemical Environment, by Theron G. Randolph, M.D., Charles C. Thomas, publisher, 6th edition 1978.

- An Alternative Approach to Allergies, by Theron G. Randolph, M.D., and Ralph Moss, Lippincott & Crowell, 1980.

- The Stress of Life, by Hans Selye.

- Brain Allergies, by William Philpott & Dwight Kalita, Keats Publishing, 1980.

- Dr. Mandell's Five-Day Allergy Relief System, by Marshall Mandell, Pocket Books, 1979.

- Chemical Victims, by Richard Mackarness, Pan Books, 1980.

- Feed Your Kids Right, by Lendon Smith.

- How to Improve Your Child's Behaviour Through Diet, by Steven & Stevens, Doubleday Publishers.

- Carla Emery's Old Fashioned Recipe Book: An Encyclopedia of Country Living, by Carla Emery, Bantam Books, Toronto.

- Confessions of a Sneaky Organic Cook, by Jane Kinderlehrer, Rodale Press.

- Nutrition Almanac, Nutrition Search Inc., McGraw Hill Ryerson, revised 1979.

- Sugar Blues, by William Dufty, Warner Books.

Other Resources Suggested by Readers

- The International Health Institute, P.O. Box 402607, Dallas, Texas, USA 75240, offers a detailed individualized program of food supplementation, diet and detoxification therapies.

- Canadian National Institute for the Blind will loan tape recorder and tapes on all types of printed matter (*obtain a letter from your doctor stating that you are sensitive to print odours*).

Readers are invited and encouraged to write in further tips and experiences to Mrs. Joy Underwood, 1175 Broadview Ave., Apt. 1202, Toronto, Ontario M4K 2S9.

Members of HEF Canada have long been frustrated at not being able to find many recipes that took into account the rotation diet as well as the problem of avoiding specific foods. Several of our members responded to our resource questionnaire with helpful recipes, which we have printed below.

The Hamilton Branch of HEF has also prepared a special cookbook designed for the ecology patient. See "Announcements" section of this issue.

Elisabeth Lipinski of Port Perry, Ontario has shared the following delicious recipes with us. They all involve a minimum of foods and can be easily modified to fit your own rotation diet.

Rice Cake

½ cup brown rice ground in blender
3 Tbsp. pineapple pulp or other fruit
1 cup water
1 ¼ Tbsp. baking powder

Mix. Pour into greased pan and bake covered at 350°F for approximately 20 minutes.

Arrowroot Shortbread

½ cup arrowroot flour
¼ cup fruit pulp
1 tsp. baking powder
1 Tbsp. sesame oil (optional)
4 Tbsp. water

Bake covered in oiled pan at 350°F for 15-20 minutes. May need more water if batter is stiff.

Arrowroot Delight

1 cup arrowroot flour
½ cup grape sugar (dissolve and bring the volume up to 1 ¼ cups with water)
2 tsp. baking powder

Mix and pour into greased shallow pan (very liquid). Bake covered at 375°F for 20 minutes. Chill slightly.

Tapioca Pudding

½ cup tapioca flour
3 oz. almonds
4 oz. apricots
2-3 cups water

Cook and stir for about 10 minutes. Blend and chill in bowls.

Buckwheat Cake

1 cup buckwheat flour
2 cups applesauce or ¼ cup water
2 ½ tsp. baking powder

Bake in greased pan for 20-25 minutes at 350°F.

Sesame Seed Candy

½ cup oil
2 cups sesame seed
2 Tbsp. honey
½ tsp. vanilla
2 heaping Tbsp. peanut butter
1 Tbsp. carob

Blend oil, add seeds, honey and vanilla. Divide into three bowls — one plain, one with peanut butter, and one with carob. Shape into balls and refrigerate.

Avocado Delight

½ avocado
2 oz. soaked or cooked raisins
2 oz. filberts

Blend and chill.

Sesame Bread

¼ cup sesame seeds
¼ cup arrowroot flour
2 tsp. baking powder
½ cup water
½ tsp. salt
1 egg or ½ tsp. baking powder
2 Tbsp. oil

Bake covered at 375°F for 30 minutes.

Sunflower Seed Squares

- roast sunflower seeds at 250°F for 1 hour.
- grind seeds
- with a little water (approx. 1 Tbsp. per cup of ground seeds) make a ball and roll out between two sheets of waxed paper.
- cut into squares
- bake at 350°F for 10 minutes
- turn squares and bake for another 5 minutes.

Buckwheat Pancakes

1 cup buckwheat flour
¼ cup water, or enough to make a normal batter
1 tsp. baking powder

Add any sweetener allowed or just salt. Fry in a frying pan.

Potato Pancakes

1 raw potato finely grated (minced)
½ tsp. baking powder
minced onions (optional)
salt

Mix and fry in frying pan.

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FOOD — *Our Rotary Gourmets (continued)*

HUMAN ECOLOGY FOUNDATION (CANADA) QUARTERLY

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Rotary Diet Can Be Fun

One of our most creative members is Professor Franklin Tall of the Department of Mathematics at the University of Toronto, who has put together the following tips of rotary cooking for us:

Although the rotary diet is often a pain in the belly — not to mention other places — it has encouraged me to greatly expand my culinary horizons. I didn't think I was being particularly inventive until a conversation in Dr. MacLennan's office when several women expressed great interest in some of my discoveries. So here are a few tips for the benefit of the frustrated cooks out there.

Love Chinese Food But You're Allergic to Soy?

Replace soy sauce by *fish sauce*, the essential ingredient in Vietnamese cooking. It's made from salt and anchovies. "Squid" brand is available in the Chinese supermarket on Spadina Ave. in Toronto, between Dundas and Queen Sts., on the west side where the pagoda is. This place is also a good source of exotic vegetables.

In addition to just varying the Chinese recipes, try Vietnamese cuisine. A good book is *The Classic Cuisine of Vietnam*, by Bach Ngo

and Gloria Zimmerman, Barron's, 1979, around \$20.

Dying for Pasta But You're Allergic to Wheat?

Health food stores have 100% corn pasta. Chinese markets have noodles made from arrowroot, rice or water chestnut. Japanese markets have buckwheat noodles; one brand (Ninben) is 100% buckwheat, available at Sanko Trading, across the street from the Chinese market mentioned above.

At Sanko Trading you can also get *taro* to substitute for potatoes. They also have numerous varieties of seaweed. (Try *The Sea Vegetable Book*, by Judith Madlener, Clarkson Potter, 1977, around \$8.) Sanko's *roasted nori* tastes great, but has unlabeled soy in it.

Frozen Tuna

One of my favourite foods from Sanko is frozen tuna. This is far superior in flavour and texture to the canned variety, and moreover I for one don't react to it, although I do to the canned. The plastic packages are heat-sealed by Sanko, but the whole fish arrives from the West Coast on Thursday afternoons, so you can get there while they are cutting it and before it is sealed and refrozen.

How to prepare it? Be adventurous and eat it raw with horseradish and mustard. My favourite way is to cut it in half lengthwise, coat it, sauté it in a little oil, and serve with lime (sometimes I marinate it in lime juice).

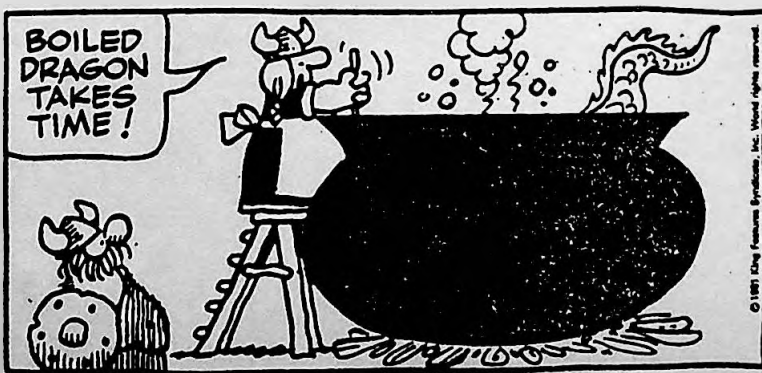
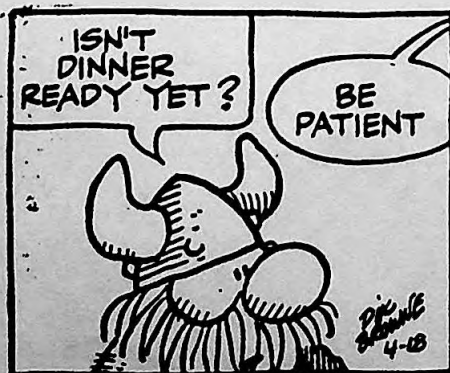
What do you coat things with if you are allergic to grains? Ground roasted nuts — cashews are particularly nice. If you want to investigate Japanese cooking further, with its emphasis on fresh, raw (and to us, exotic) ingredients, I highly recommend *Japanese Cooking — A Simple Art*, by Shizuo Tsuji, Kodansha, 1980, around \$17.

What Can You Put on Cereal?

You like cereal in the morning but you're allergic to milk and you can't stand the taste of goat's milk? Try soaking a mixture of rolled oats, chopped nuts and seeds in fruit juice overnight. If you're not allergic to yeast, apple cider is nice.

Or how about a liquid instant breakfast for those allergic to milk and eggs: liquefy in your blender or food processor a mixture of apricot juice, banana, sesame seeds and nuts. Pine nuts are best; peanuts give a complete protein.

Frank says he is sure there are other rotary gourmets out there. Let's hear what other readers have come up with!



HOSPITALIZATION — Cautions for the Chemically Sensitive

HUMAN ECOLOGY FOUNDATION (CANADA) QUARTERLY

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Many people have wondered about the possible hazards from hospital chemical exposures, and have enquired about ways by which they could advise their general practitioner. The office of Dr. John MacLennan in Hamilton, Ontario has very kindly provided us with an advisory sheet that has in the past been issued to chemically sensitive patients who may require hospitalization.

We must caution that the following description is intended merely as an example of the kinds of precautions that have in the past been advised for some chemically sensitive patients. Hospital procedures must, however, be tailored to the individual needs of each patient by his or her personal physician. Any methods suggested below are intended as information only and should not be misconstrued as medical advice.

Those readers wishing reprints of this article should write to the HEF Quarterly Office.

A hypersensitive individual cannot use symptomatic medication on a regular basis without the prospect of developing a new area of chemical sensitivity, if one does not already exist. The chemically susceptible person is a very likely candidate for such an occurrence and depending on the degree of individual susceptibility, will probably react to a variable number of therapeutic drugs.

Chemically sensitive patients are more likely to develop drug sensitivities than those who are not so afflicted. All unnecessary exposures must be avoided, but what about situations where the use of medication is necessary, such as in the event of surgical procedures? The answer is to use as little medication for as short a period of time as possible.

However, not all such patients will react to all forms of medications. Usually a suitable safe prescription

or method can be found for treatment of severe illnesses. Milder illnesses should be treated conservatively with alkaline powders, fluids, and bed rest, without the use of unnecessary medication.

In general, all hypersensitive patients, and particularly those who are sensitive to foods, should avoid oral forms of medication. Intravenous, subcutaneous or intramuscular are the preferred routes of administration. If oral medications are essential, use uncoloured tablets or capsules from which the powder can be removed and swallowed without the capsule. The coloured coatings of other tablets must be removed by washing before being swallowed. All syrup preparations should be avoided because they contain sugar, synthetic dyes and flavourings.

When analgesic or "pain-killer" drugs are necessary, uncoloured tablets such as aspirin, bufferin, 222, 282 MEP, or codeine, gr1/2 can be used orally, if previous experience has proven that they are well tolerated. If these drugs cause reactions when taken by mouth, then hypodermic injections of codeine, Talwin, Demerol or Morphine can be tried. Often-times only one or two doses are all that are needed during the immediate acute phase after which conservative treatment with alkaline powders, application of heat or cold, and rest will suffice to control the symptoms.

For minor procedures of short duration it is best not to use local anaesthetics or to use radioopaque dyes for X-ray examinations if at all possible. Hypersensitive individuals often react adversely to such medications. If their use is essential, then an adequate covering dose of intravenous intramuscular antihistamine should be given beforehand in order to lessen or perhaps prevent an adverse reaction.

Preventive dental care should be maintained regularly in order to prevent the development of disease or cavities which will require the use of local anaesthetic. It is necessary to learn from childhood to tolerate the discomfort associated with dental

drills, etc. A sympathetic and co-operative dentist can modify his technique by using fewer and milder medications for some procedures such as rootcanals, etc.

When acute infections arise and which may require the use of antibiotics, Erythromycin or Tetracycline are preferred unless other varieties have been used previously without ill effects.

The best anaesthetics for short surgical procedures are intravenous Pentothal and nitrous oxide, whereas for longer procedures, the usual gas anaesthetics are used.

Patients requiring hospitalization should be admitted to a comprehensive environmentally controlled ecologic unit if one is available. When such a unit is not available, private accommodation can be obtained at no extra cost to the patient, provided the admitting doctor records on the chart that a private room is necessary for medical reasons. This allows the room and contents to be prepared to meet the needs of the chemically susceptible patient. The patient should provide his or her own cotton bed linen, pillow, and clean spring water if these items are not supplied by the hospital.

The following list of instructions is placed on the patient's chart so that all ward personnel, doctors and visitors comply accordingly:

1. The hospital room shall contain only fabrics and furniture which are made with natural fibers and materials, such as cotton mattresses and bed linen, wooden furniture, etc.
2. No synthetic materials will be allowed in the room, such as foam rubber, plastic covered furniture, etc.
3. Detach bathroom deodorizer and thoroughly scrub the tiles behind, for removal of all deodorant residue on tile and mortar.
4. Avoid the use of odoriferous cleansing agents in bathroom and the patient's bedroom. Use plain non-scented soap and water.
5. Ward personnel who attend the patient and all visitors *must not* wear hair spray, perfumes, colognes

HOSPITALIZATION --- Cautions for the Chemically Sensitive (continued)

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or strongly scented cosmetics of any kind.

6. The patient may use plain castile soap.
7. Only old magazines, books, or newspapers will be allowed in the room. All freshly printed reading material must be avoided.
8. No flowers of any kind — natural or synthetic — will be allowed in the room.
9. Smoking will not be allowed in the room by the patient, visitors or hospital personnel.
10. The patient is not allowed to leave his or her private room for any reason, unless specifically ordered by the attending physician.
11. The door of the room must be kept closed when hospital cleaning procedures are being carried out in the adjacent corridor or ward. Do not use any deodorant sprays or other odoriferous materials near the entrance to the patient's room.

12. The windows must be kept tightly closed when an east wind is blowing or when industrial fumes and odours can be detected in the air.

13. An AM/FM radio is desirable with only metal or wooden cabinet or case.

The dietary pattern followed at home should be continued while in hospital unless prescribed otherwise by the doctor. If you have major severe food sensitivities it may be desirable to fast for a few days depending on the individual circumstances and according to the doctor's instructions. On admission there should be an immediate consultation with the dietitian regarding full details of your rotary diversified diet and the foods which are excluded from the diet.

If you are admitted to an ecologic unit, all of these details, as well as the provision of clean foods, are

handled automatically by the ward personnel. Otherwise, it will be necessary for you to provide your own clean food during your stay in the hospital.

In the event of major illnesses which require the use of intravenous solutions, only saline should be used. Corn sugar is contained in the glucose variety of solutions and it will cause severe reactions in corn sensitive patients.

It is to be expected that the chemically susceptible patient will be adversely affected by the medications used in association with any surgical procedures. Any ill effects which do occur may improve with the use of Oxygen for a variable length of time or as long as symptoms persist, and alkaline powders. A paper cone made from plain white paper should be used to administer the oxygen instead of using an odorous rubber mask.

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HELPFUL HINTS — *How to Cope With Allergic Problems*

HUMAN ECOLOGY FOUNDATION (CANADA) QUARTERLY

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Many of our readers have developed considerable expertise in coping with allergic problems in imaginative and effective ways. We find that there is no single magic answer — rather we have to learn the many and various secrets of doing things a little differently than we did before.

Our first contributor is Louise Cameron of Hamilton, Ontario, whose cautions about renovation and comments about schooling were first printed in the HEF Hamilton newsletter. They are so important we are printing them again here for the benefit of the rest of our readers.

A Warning About Renovations

For fellow HEF members who are facing or considering changes in your home — *beware*. After years of living with ecological illness, we were reminded by experiences in the last year that we can never be too cautious.

Wood-Burning Stove

Buy from a dealer who will "burn off" the newness *before* delivery to you. We were not persistent enough with this so paid the price of exposures to this in our home.

Another caution - *do not* think you will get the ordeal over with and put on a big roaring fire to start with. It is not good for the stove, and definitely not good for the house of the occupants to be saturated with the dense smoke that this creates as the black paint burns off. Do this in stages in a well-ventilated area if it has to be done indoors.

Chimney Installation

Ours was installed through a poured concrete basement wall. Even if it is the coldest of days *insist* that the worker do his drilling from the outside once he has put through his "location" hole. Better he get chilled (or learn to dress for outdoor work) than you suffer the effects of all that plaster dust.

Clothes Dryer

Exercise caution with this and all other new appliance purchases. Have it "burned off" before bringing it into the home. With clothes dryers a special precaution — most new ones are packed with a sample package of products like *Bounce*. This saturates the machine, packing carton, etc., with a perfume odour. It was *months* before I could use my new dryer for drying our laundry.

It took lots of time and electricity to run and air this appliance out before we could tolerate using it or to even be near it. Consider getting a store floor model. If buying a used machine, be careful to enquire about the laundry products that have been used and that have probably saturated it.

Vacuum Cleaner

Ours went out for repair of a broken cord. When it came back it was saturated with a very strong odour that caused extreme reactions. The filter and bag had been sprayed with a "special" chemical, and it took months of running this outside before we could use it indoors again.

Shopping for a new one was a frustrating experience because we could not find one that could match the function we had become used to in our previous model (Compact Cleaner). The prices had more than doubled since we had bought ours years ago, so a new one was out of the question price-wise for us at that time.

Foil Wrap and Foil Tape

It is a long story that I will condense as much as I can. We endeavoured to get these supplies to seal in some long-standing exposure problems in our basement.

Heavy-duty industrial foil is available from G. T. French Paper Ltd., 107 Macnab N., Hamilton, Ontario (Tel: (416)-527-1650, or 1-800-263-2137 in 416 area, or 1-800-263-2115 in 519 area). The aluminum foil tape was not available from them at the time we needed it, but after much perseverance, and a

costly and disastrous experience using *duct* tape, we traced foil tape to Scholl Canada Ltd., Toronto, Ontario, Tel: (416)-755-4141. They have a division called *Arno Tapes*, who make aluminum foil tape.

Do not let anyone sell you *any* brand of duct tape! Arno supply Canadian Tire Stores and Home Hardware Stores in the Hamilton area.

Frozen Water Pipes

Our experiment in sealing the basement walls was successful in reducing the odours that had affected our health, but it had an unexpected by-product. The sealing job was so good that the main water pipe didn't get the benefit of heat leakage from the house — and froze twice this winter. When reinsulating or sealing walls, take care to understand the plumbing and install the insulation and vapour barrier in such a way that the pipes will stay *warm* rather than cold.

The Three R's

Through perseverance we have established a good liason with the school over the years, so that our son Tom is now free to come and go from the classes and stay home for a day — or days — at a time in order to handle the level of heavy exposures there and be able to keep up his work and grades. He is now in Grade 11. Our other son Dave found things much easier to handle as he could make more of his own choices at the University level.

Perseverance with the co-operation of the Principal and Student Services Department finally got the Ministry of Education to relax their rules and allow Tom to take his much wanted Art Course by correspondence.

The required Science option is being handled by an Independent Study Program given by the head of the Science Department at his school. Tom cannot handle being in either the Art or Science sections of the

HELPFUL HINTS — *How to Cope With Allergic Problems* (continued)

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school — or for that matter the Shop or Industrial Arts wing.

Extermination of mice at the school has always been a heavy exposure problem, so created a necessity for special considerations concerning this.

I would be glad to talk or correspond with anyone to expand on our experiences if they feel it could help them in any way, and I'll look forward to any helpful hints you can share. I've come to recognize that the Quarterly of our Branch newsletters can be a good medium for this, so hope we can do all we can to support the editors by contributing in whatever way we can to these publications.

Helpful Hints From Hawaii

Mrs. Marna Slocum of Honolulu, Hawaii, has proven herself to be a most resourceful person, and has kindly written down some of the many tricks she has learned for helping chemically sensitive people cope with their condition and with the environment around them. We will publish more hints in future issues. Readers will recall from our Spring/Summer Issue that Marna and her husband have furnished a special ecological apartment in Hawaii, for their use and for rental to visitors.

Tidbits on Living

- All leather in American cars is coated with plastic; only European is natural vat-dyed leather with the colour all the way through.
- Natural boar bristle bone handle tooth brushes are available for 95¢ from Superior Trading Co., 837 Washington St., San Francisco, California, USA 94108.
- Be sure to wash barrier gloves in your reading box often, as chemicals that will build up on them can penetrate through the gloves to your skin.
- Allergic to most ball-point pens? Try Pilot Razor Point Pens. Since I have been using them I have had no

complaints from those usually allergic to other inks.

- Instead of labels that have adhesive on them use an embosser - will last a life time if you take care of it and should you change address additional plates are not expensive.

- Want to cut cost? Buy potassium bicarbonate by the pound from the hospital supply houses (you will need a resale licence to do this). One pound when mixed with 2 pounds of sodium bicarbonate gives you three pounds of your salts all for under \$12. When you mix it fresh in the blender there will be no lumps. Ask for it to be delivered to your house and specify glass jars.

- The labels on prescription bottles are usually covered with Scotch tape, which continually gives off toluene (known to be cancer-causing). If you have doubts, place the labelled bottle inside a sealed glass jar overnight — then open it and sniff it the next morning.

- Rubber gloves can also be unexpected air polluters. Keep them in a sealed glass jar when not in use. These may seem like little unimportant things, but added together they could make the difference between feeling good and not feeling good. It took a lot of little things to get and keep my allergies under control. It can take years to learn (read and listen) and to put into operation what you learn — *but feeling good makes it worth it.*

- The best pillow filling (inexpensive, washable, light weight, and tolerable) is two flannel sheets for under \$12. Three will make a nice large 18 in. by 25 in. pillow — it is a good way to store extra sheets, too. Zippered fabric cases can be made out of the same fabric as your spread and pillows can be used during the day as well.

- For insect control in apartments, keep all areas clean and dry, and seal off the apartment well from other apartments. This means that electric plugs and switches must be sealed as well as any openings around pipes. For those who feel they must spray, sodium fluoride or borax seems to be

all right for inside, according to some doctors. I find that baking soda around food and boric acid in other areas works well.

- Be kind to yourself and others who are sensitive to print and adhesives. Use no tape or stickers and air and sun printed material before mailing.

- Warning — just because masonite is tempered (heated to over 400°, I am told) does not mean it will not gas out. Some will gas out later, some will not. So *each piece* should be tested. Also, use only the type that is smooth on *both* sides — the other type sheds dust all over.

- A new car takes one to two years to gas out. If a car is not kept free of dust inside, and the air conditioner is not used frequently, chances are your air conditioner will soon mould. It should be serviced at least once a year and it is best to run it every day.

- The north-west area of the United States is full of mould and even in the desert areas there can be a lot of mould, so it is best to learn how to prevent its growth in the house. Learn the things to avoid, maintenance procedures necessary, and non-odorous solutions to use (such as Zepherine) to prevent its growth. Never let it get started. Keep humidity out of the house, and keep it light and breezy.

- Mal-illumination can create physical changes and problems. Balanced full spectrum light is important. Colour too can create changes in mood — it can be important to the strength of your muscles and even in the control of pain, according to bio-research specialists. They believe hormones are caused to be released by colour stimuli which affect the endocrine system, respiration and heart beat. This research has proven that some colours can have a calming effect on the behaviour of disturbed individuals. The demand for paint in such colours (e.g. pink) for holding cells in penal institutions is increasing and this has so far proven to be quite effective.

HELPFUL HINTS — *How to Cope With Allergic Problems (continued)*

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- Handwriting can go bad in thirty seconds after an allergic exposure — you can not always control the quality of your penmanship. Teachers and authors should be made aware of this.
- Some ice creams have over 400 chemicals in them, and milk is number one when it comes to causing allergic reactions with food.
- Removing an object that is gassing out to another room or to an unattached garage only cuts down on the pollution you are getting, but it does not eliminate it. Air circulates throughout a house — from room to room and through walls, so never use an attached garage for a car or anything that gasses out. If the item is small enough put it in a sealed glass jar.

Building a Clean Home

So many have asked "How did you create a place like you did on the beach?" I have had calls from all over. It takes a lot of time and effort and thought and research to create a place that is tolerable to you and to most other people. First some words of warning to those who need and want such a special place.

If the overall physical environment around you (light, sound, general air quality outside, food, and community) is not tolerable to you physically, it is not practical to try and build or change a structure to enable you to live there.

First in importance is air. If that is not really right for you, you cannot attain your goal of good health regardless of how tolerable your structure is. The truth about air quality is not easy to come by, so use at least three to five sources to get each answer if you have to rely on others rather than testing yourself. You will come across people who are either not informed or who have reasons for concealing the truth.

Should you decide to go ahead, plan on the bare essentials — unless you have a lot of money and money is no object. Do it well — test everything, get bids, use moonlighters, and ask for a second bid on the basis of

cash payment. Many people will work for 30-40% less if you pay cash.

Before you start get a resale licence. This will allow you to buy wholesale or at least get a sizeable discount. Start with the essentials — quality materials and workmanship are the cheapest in the long run.

Keep it small — it will be expensive as more will be needed and it will cost more than will be evident in the beginning. Plan on it costing more than your original estimates.

The odds say that you will not keep the structure the rest of your life, so resale is a factor. Also much that is right around you, unless you are very, very lucky, will be destroyed by man — most things of beauty he in time destroys.

It will be a learning experience and the satisfaction you get from a job well done is like no other. I would be willing to bet that if you do it so it is attractive and really practical from the standpoint of maintenance, and comfortable for you, you won't want to live in the old, unhealthy, burdensome way again. It will be a joy to live in, second only to feeling good again.

Selecting an Apartment

An ounce of prevention can be worth a pound of cure, so if you are looking for a place to live, before you sign a lease get permission to have the apartment you choose thoroughly cleaned, including the carpet if you are so unlucky as to have one.

Allow at least 36 hours for the carpet to dry after steam cleaning with a tolerable solution, and have the apartment thoroughly aired. After it is aired, close it tight for 24 hours or longer, and it will reveal more when you first enter than it would otherwise. If when staying in the apartment, and eating and drinking only 'safe' foods, you are symptom-free, you have found a precious rare gem.

If the apartment is furnished you will have to have the furniture removed from one room at a time and test each room. For obvious reasons it is best to pick an apartment that is completely bare. If the apartment is

'clear', one item of furniture at a time can be added. In the right room, you would be surprised how well you can sleep on just a pile of safe, old cotton quilts.

Some areas to be sure to check are:

- exhaust in the kitchen, to be sure it goes out, or at least the air is filtered through clean charcoal;
- exhaust in the bathroom, which must go out (a law in some areas);
- exhaust to the outside on the dryer;
- cross-ventilation to the outside, not a hall across from other units;
- that the apartment has never been professionally sprayed and fogged with insecticide;
- that your trash can be carried to an outside trash container (trash rooms are always sprayed);
- whether there are glass doors or shower curtains in the bathroom (doors are preferable, after the mould in the track is cleaned out).

If you remain clear and comfortable, ask for a six-month lease with an option to renew at the same terms. If you have to sign a year's lease, get a medical clause (and if you are married, a death clause) added, so that for medical reasons you can break your lease.

Obstacles to Health

The greatest problem — a closed mind (some call it the *self-denial* stage). This is an obstacle every chemically sensitive patient has to recognize, accept, and act upon in order to gain control of his allergies and in fact, his life.

One of our strongest assets is motivation. You *will* find a way to stay well — the right way for you. If you acquire the best information available and act upon it, you will improve in the way that is right for you.

We have all seen the patient with a closed mind and/or lack of motivation, and heard at least some of the following statements:

HELPFUL HINTS — *How to Cope With Allergic Problems (continued)*

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- "Oh yes, I have chemical allergies but I am not allergic to foods," or
- "I am not going to let allergies control my life," (they do unless you can stay 'clear') or
- "I am going to live in town where it is convenient even if the air is badly polluted," or
- (after having gone to three of the top ecological clinics) "I think I will try another clinic," (they are looking for answers that at this time do not exist and can not accept the facts as they are, not to mention act on them), or
- "Oh yes, I am on a rotation diet, but I will have a third helping, it is organic".

Only when you know the fallacy of the above remarks and real inherent danger of such blindness, and start to get used to the truth will you become one of the *few* who can and do control their allergies.

Sure, there are exposures that are out of our control, but think about it — not many. Most exposures with knowledge and motivation can be avoided, or at least you can cut down the severity of the attacks and cut down on the time it takes to clear from them.

Now come the excuses — I must have heard most of them, but it all gets down to priority. What do you want and how much do you want it? If you truly want most in the world to get well and to feel good and function well, then knowledge and motivation can be the key to your goal and you

can attain your goal if you really want to.

Start by making it number one always. The only thing that makes it all worth it is feeling good. To me feeling good makes it worth it — worth it to me, worth it to my loved ones, and without health you really have nothing. You can not function, can not give, and are not really alive. Start today — remember today is the first day of the rest of your life, so make it count.

Brain Fog

With ecological illness as with others there are stages. One stage to be alerted against is the stage when you are too brain fagged to comprehend, too embarrassed to ask questions, or too much in a rut of daily routine and too lacking in initiative to make any major changes or decisions.

The key for many to be able to get successfully through this stage is motivation and knowledge. There is an old saying — "Success is 10% I.Q. and 90% I will." It is often true, so be forewarned.

Sense of Values

Do sense of values need updating? After patients are diagnosed chemically sensitive, values and goals need to be reset or at least altered. The truth is not always easier to accept but if it comes to getting rid of an unwashed old feather pillow or waking with a hard-to-breathe through nose, or holding onto handy-to-use plastic items or fatigue that does not

go away, I know what my decision would be and has been.

What amazes me is how difficult it is for some people to make such decisions. To me feeling good makes it all worth it. If it isn't to you perhaps you should re-examine your values, in order to get well.

Questions

1. Has anyone heard of a way to reduce contamination of an apartment that has been sprayed with a pesticide? Can it ever be made safe — some doctors say it cannot, for anyone who is chemically sensitive.
2. Has anyone found a safe sealant for glass, metal, or wood?
3. I need a tolerable sealer for press board that is used under marble in marble and bronze furniture. I am trying School Elmer's glue on the exposed press board — any other ideas that might save this furniture would be welcome. (It is now in an open garage until I can correct the problem of chemical odour.)
4. Where can I buy casein base-/water paint, or aluminum untreated filters for a window air conditioner, or allergy handbooks put out in 1978 by Louise Henderson and Kay Indeman?

Our thanks again to Marna Slocum for taking the time to write down these ideas. Anyone wishing further information about Mrs. Slocum's Hawaii apartment is invited to write to her at 7704 Kalohaleni Place, Honolulu, Hawaii, USA 96825, or telephone (808)-395-4633.

Good Luck H.E.F. Canada

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NEW BOOKS

HUMAN ECOLOGY FOUNDATION (CANADA) QUARTERLY

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1. Common Sense for the Sensitive

As a result of popular demand, the Human Ecology Foundation's patient handbook — Common Sense for the Sensitive — has been updated and reprinted and is now available again. HEF Canada extends its sincere thanks to Ron Vince for his work as editor, and to all who others who contributed their time and effort to this 1981 edition.

Copies are available at a price of \$7.50 for members (\$9.00 for non-members) plus \$1.25 postage, from any Human Ecology Foundation office listed on the back page of this issue.

The editor states in the preface that the purpose of this edition, as of the first two, is to provide a basic handbook for patients newly launched on the road to ecological health. It attempts to introduce the concepts of human ecology and of ecological medicine, and to outline ways to cope with the immediate environment (the house) and with necessary changes in the diet and food preparation.

The present edition has been completely reorganized and a great deal has been rewritten since the previous versions. Main chapters include: *Ecological Medicine, The Human Environment, Housing, and Foods.*

2. H.E.R.F. Guidelines

The Human Ecology Research Foundation of the Southwest, in Dallas, Texas, has just released a new loose-leaf book entitled *Guidelines*. This 50-page handbook, prepared by Alice Billman, is a compilation of safe products and resources for the chemically sensitive. Subjects covered range from household appliances to water purifiers and contain special descriptions and cautions for most of the sources listed.

With the loose-leaf format, HERF has acknowledged that product information is constantly changing, and has offered to act as somewhat of a clearing-house for people's experiences with all kinds of products. While the growing number of sources of information for the chemically sensitive can lead to some confusion, we feel that most patients are happier having more information rather than less, and HERF's contributions in the area of products for the chemically sensitive deserve considerable praise.

"Guidelines" is available for \$6.50 US including postage, from Human Ecology Research Foundation of the Southwest, Inc., 12110 Webb's Chapel Road, Suite E-305, Dallas, Texas, USA 75234. HERF also carries ceramic oxygen masks, cotton/charcoal masks, tygon tubing, various books, and reprints of medical articles by Drs. William Rea, Theron Randolph, and others. A price sheet is available from HERF on request.

3. Recipe Kit

(Book review prepared by Joy Underwood, Toronto)

Janet Buick Smith and Virginia Heywood Nichols of Ohio, USA, have prepared a special cookbook entitled *Cookbook/Guide to Eating for Allergies — The Rotary Diversified Diet (revised 1980)*.

This is a kit rather than a book per se, and includes the following:

1. Fifteen sheets of index cards listing the major food families (the cards to be used like playing cards — shuffle them around for planning your daily menus);
2. A large reference chart listing the various foods in the plant and animal kingdoms — this can be tacked up on the wall for easy reference;
3. Instruction sheets on how to use the index cards for meal planning;
4. Sample menus for known allergies and simple rotation with no known allergies;

5. A sample record sheet for keeping track of daily food intake and any symptoms experienced.

This kit would assist those people just starting the rotation diet who have little knowledge of the food families. It simplifies the process of setting up a four, five or seven day rotation menu schedule.

To order, send a cheque or money order for \$6.95 U.S. to Cookbook/Guide to Eating, 3350 Fair Oaks Dr., Xenia, Ohio, USA 45385.

4.A Handbook for Clinical Ecology Patients

(Book review prepared by Mary Nichols, Toronto)

"A Handbook for Clinical Ecology Patients" is compiled and illustrated by G. Joy Underwood, January to June 1981, cerlox-bound paperback, printed and distributed by the author (Apt. 1202, 1175 Broadview Ave., Toronto, Ontario M4K 2S9, 192 pg., \$18.50).

This up-to-the-minute handbook is conveniently divided into six categorical chapters: *Clinical Ecology, The Rotary Diversified Diet, Inhalants, Chemical Sensitivity, General Guidelines and Tips for a Cleaner Safer Environment, and Resources.*

G. Joy Underwood knows whereof she speaks — and writes — as Joy herself is severely chemically allergic. A sociologist and teacher by profession (including adult education), Mrs. Underwood began taking non-credit medical courses ten years ago. She had decided upon a career in nutrition when ill health intervened.

The author states in the Preface:

"This handbook was compiled solely for lecture, seminar, and for counselling purposes. The aim of the book is to present a summary of the current literature and present knowledge on the subject of Clinical Ecology. A list of the books and articles used for this project are given in the Appendix-Bibliography. Other information was obtained from personal experience as a patient who has been

NEW BOOKS (continued)

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through the testing in Canada and in an ecological unit in the United States, as an observer/participant at various Clinical Ecology meetings and seminars, and as one trained to do counselling and ecological testing."

She says, "I have tried to answer those questions most frequently asked by patients, friends, colleagues and family members."

Mrs. Underwood starts off by defining such terms as *clinical ecology*, *ecological illness*, and *allergy*, quoting Drs. MacLennan, Randolph, Dickey and others. She tells about taking a medical history, and goes on to discuss sublingual, skin, and sniff tests, plus the importance of keeping a diary.

Chapter 2 is devoted to the Rotary Diversified Diet. It contains an excellent Food Family Chart, as well as a very complete Common Sources of Food list. It is easy to see why so many people are allergic to corn when corn is incorporated in hundreds of products! And if you think that vodka, for instance, contains only potato and yeast, you will be surprised to learn that American vodka is made of corn, malt, rye, and wheat, and may also contain oats, rice, potato, grape, plum, citrus, apple, pear, apricot, cherry, berries, honey, juniper, coconut, taro, cactus, beets and cane.

In the chapter on inhalants, there is a very interesting presentation on fungus, mould and mildew, and how to combat same.

Mrs. Underwood devotes forty pages to the subject of Chemical Sensitivity — a subject about which she is exceptionally well informed. She takes a look at indoor and outdoor pollution, drugs, cosmetics and perfumes, and chemicals in food and water. The reader is made aware of countless sources of highly toxic chemicals like chlorine, phenol and formaldehyde, and is instructed on how to test for water allergy.

For anyone just discovering Clinical Ecology, I would suggest that after familiarizing themselves with the definitions, they turn immediately to Section 5, Guidelines and Tips for a Cleaner Safer Environment. Here one is led (almost) painlessly into the subject; the importance of a positive attitude is stressed, and the basics are covered.

From personal experience, I cannot subscribe to a few of the statements in the book, however. For example, while testing food at home, I would not read a book as is suggested as a 'safe' activity. One could react to the book and believe it to be a food reaction. Ideally, all testing should be done in an 'oasis'. It is suggested that baking soda and/or salt be used for cleaning the teeth. This has proven to be too abrasive. Some dentists insist that plain water with a good toothbrush and daily use of dental floss is adequate. Butcher paper is suggested for wrapping food for the freexer but this can contaminate the contents. The statement is made that the pollinating seasons for trees, grasses and weeds are much the same across the country. Actually,

they vary considerably. Under Pollens — Vegetation Found in Ontario, pine trees are conspicuous by their absence. The idea of freezing food in glass jars is an excellent one — as long as the glass jars do not break. Mason jars work well, but all cold glass jars should be handled with care.

I have not yet tried commercial barrier cloths for sealing in foam and other synthetic mattresses as the text suggests, so cannot comment on their effectiveness. I agree that mattresses present a major (and often unsuspected) problem to the chemically sensitive, and that it is almost impossible to prevent outgassing by wrapping the offender in ordinary sheets and blankets, regardless of how many thicknesses are used.

A Handbook for Clinical Ecology ends, appropriately, with a large Resource Section. Novices and veterans alike will find this information invaluable. This book fills a great need. Addresses are given for both Canada and the United States, and include sources of food, clothing, home furnishings, and various kinds of equipment. There is also an extensive book list.

Joy Underwood receives my vote of thanks for putting it all between covers.

We are advised that it is the author's intention to update and revise the handbook periodically. Individual chapters may be purchased separately. Favourite Recipes and a Food Sensitivity Questionnaire are also available from the author.

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ANNOUNCEMENTS

HUMAN ECOLOGY FOUNDATION (CANADA) QUARTERLY

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1. April 27th Clinical Ecology Seminar and Public Meeting with Doris Rapp, M.D.

HEF Toronto and the Orthomolecular Medical Center are jointly hosting a special one-day medical seminar on clinical ecology, for physicians and other interested health and education professionals. A brochure is enclosed with this issue.

Doris J. Rapp, M.D. is an internationally known and respected allergist and author. She has conducted considerable research into the effects of food and chemicals on young children with allergies and other physical and behavioural problems.

This is your opportunity to interest your family physician, the local school principal, or any one else you know, in gaining a good introduction to clinical ecology and the effects of environment and health. The day seminar features Drs. Doris Rapp, John MacLennan, Josef Krop, and Irvine Korman. Registration fee is \$75 for members, \$85 for non-members, in advance. A public meeting will be held in the evening, with admission for \$5.

If you need more brochures to pass around, call or write HEF Toronto at R.R.#1, Goodwood, Ontario L0C 1A0, Tel: (416)-294-3531, or contact the Orthomolecular Medical Centre, 159 Old Orchard Grove, Toronto, Ontario, M5M 2E1, Tel: (416)-489-9595.

2. Clinical Ecology Seminar in Banff, Alberta, October 4-7 1982

The Sixteenth Advanced Seminar of the Society for Clinical Ecology will be held this year at the Banff Springs Hotel, Banff, Alberta, on October 4-7 inclusive. This is designed for physicians, but members of the Human Ecology Foundation are also encouraged to attend. Those of us who have attended in the past have found it well worth while.

The Banff Springs has relatively high rates and meals will be included with conference reservations. We are exploring the possibility of reserving some separate accommodations that

will be more suited for families on budgets, and for those who wish to bring their own special menus and cook for themselves. We can also enquire about special flights from Toronto or Ottawa if there are enough people going to form a small "charter class" group. Plane fare is approximately \$240 per person return to Calgary.

Anyone needing registration forms and further information, either for themselves or for their physicians and other contacts, should write or phone Mary Campbell at 54 Summerhill Gardens, Toronto, Ontario M4T 1B4, Tel: (416)-924-2014, before April 30th. Please indicate whether you are interested in special flights or alternate accommodations.

3. Vancouver Ecology Group Started

We are pleased to announce that Canada has another ecology group working in the same direction as the Human Ecology Foundation of Canada, on Canada's west coast. The *Plainair Environmental Allergy Society* was formed this fall in Vancouver, British Columbia, under the able leadership of Judith Hoshina, President.

The group describes itself in the first edition of its newsletter, *Plainair Waves*, as a "self-help group formed to help those who suffer from environmental allergies, mild or severe." *PEAS* provides information about the management of environmental allergies with particular reference to the practices of Clinical Ecology. *Plainair Waves* is edited by Sharon Meen, and is sent four times a year for a membership and subscription fee of \$15.

HEF Canada extends its best wishes and encouragement for this new group, and we hope that the upcoming conference in Banff, Alberta in October 1982 will provide an opportunity for members of both groups to get to know each other.

Members wishing to contact PEAS are invited to write to Plainair Environmental Allergy Society, P.O. Box 46711, Station 'G', 3760 West 10th Avenue, Vancouver, British Columbia V6R 4K8.

4. New Company Interested in Ecology Items

Mark Schwartz of Downsview, Ontario has advised us that his new company, *Leisure Design*, is interested in stocking ecology products for allergic people who need alternatives to most modern consumer goods. He may, for example, be offering air filters, ion generators, heat exchangers, activated charcoal, full-spectrum lighting, indoor exercise equipment and other items, depending on the demand.

Mark has invited HEF members to give him a call if they are looking for special items. If he hasn't got it, he will look into it. In particular, he would like to know if there is any demand for clean cotton goods such as those supplied by The Cotton Place in Dallas (formerly Ecologist's Cotton Co-op). *Write or call Leisure Design at 15 Robbie Avenue, Toronto M3H 1Y3, Tel: (416)-633-4876; or Box 545, Waterloo N2J 4B8, Tel: (519)-576-9551.*

5. Properties for Sale

Carlisle, Ontario

Two-storey brick and aluminum siding house in the village of Carlisle, Ontario, presently owned by ecology patient. Five bedrooms, 3 baths, L-shaped living/dining room, family room and den. Electric baseboard heat. Hardwood floors throughout; no carpet except stairway. Central vacuum system, detached garage. Pure spring water available. Good garden soil, no sprays used, apple trees never sprayed. Call Charlie Watson, (416)-689-7783.

ANNOUNCEMENTS (continued)

HUMAN ECOLOGY FOUNDATION (CANADA) QUARTERLY

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Sorrento, British Columbia

Possible development of ecological housing community in a mountain and lake area near Sorrento, British Columbia. New development to be started in 1982, owner open to suggestions and will build to suit. Plans include cluster housing adjacent to large park area, some rental units, some for sale. Contact Miss Ruth Chandler, c/o Cedar Heights, R.R.#1, Sorrento, B.C. V0E 2W0. HEF member Mrs. Jean Stephens at same address can advise on general air quality, access to food sources, etc.

Lakefront Lots on Lake Erie

Lakefront lots for sale in Erie-Woods Estates, on Lake Erie. Each has three acres of mature trees, clean air, adjacent to trailer park and campground. Asking \$20,000, owner will hold mortgage. Contact John or Angela Manneke, Erie-Woods Trailer Park and Campground, R.R.#2, Rodney, Ontario N0P 2C0.

6. Items for Sale

- Dimplex electric hot water heater, well burned off. Phone (416)-723-3590 in Oshawa, Ontario.
- Old-fashioned quilts — pure cotton. Need some repair. May require washing to get rid of old mould and detergent odours. \$30-50 range. Call Barbara Mowat at (416)-838-3395.

7. Free Literature Searches

One of our members advises us that the Canadian Centre for Occupational Health and Safety, at 435 - 150 Main St., Hamilton, Ontario L8P 1H8, will conduct free literature searches for interested citizens. The Centre is federally funded. Contact David Lampert, Director, or one of the research officers, at (416)-523-2981.

8. HEF Quarterly Volunteer Needed

Your editors could use some dedicated help on the *Quarterly*. Duties include sifting through volumes of material that could be used, and helping to organize each issue before it is entered into the computer and sent to typesetting. With a little help we could be ahead of the game instead of continually behind.

The time required is considerable, and anyone who is not willing to stick with it need not apply. Rewards include exposure to lots of good information. Must tolerate working with print or be suitably equipped with filters and a mind that still works under chemical stress.

9. SUNNYHILL Open House Days

Human Ecology Foundation (Toronto) will begin holding open house days one Sunday afternoon each month, starting April 1982, at Sunnyhill Farm near Goodwood, Ontario. The purpose is to give members and prospective members an opportunity to meet others and share information, in a relaxed informal setting. The dates this summer will be April 18, May 9, June 13, July 11, and August 15. Please call (416)-294-3531 in advance of the day if you intend to come.

The easiest route to Sunnyhill from Toronto is: east on Hwy. 401 to Brock Rd. (interchange 64A); north on Brock Rd. about 12-14 miles, to the third full stoplight, which is labelled "Coppins Corners"; west one concession (1 1/4 miles or 2 km.) to the 4th line, marked only by a bungalow on the southwest corner; south about 2 miles until you see a large red brick house (which is Sunnyhill) on a hill on the east side of the road; "Small" is on the mailbox.

Those who wish to spend more time in the fresh air or who would like to help with some of the HEF office work are welcome to come out on Saturday and Sunday morning as well or instead. (See #10 below.)

Come equipped with your own tolerated picnic meals and water. Again please call in advance.

Your editors may not always be able to play host on the Open House weekends, since it looks like Sunnyhill's construction may proceed again in earnest. Rather they may be found on a scaffold or with tools in hand putting the house together. (If you want to talk with them be prepared to work alongside.) We could therefore use some volunteers on such days to be available to talk with some of the newer members, who may have lots of questions to ask.

10. HEF Toronto Volunteers Needed

Human Ecology Foundation (Toronto) desperately needs volunteer help for a number of branch activities. If you want any of the following jobs please let Bruce or Barbara Small know by phone at (416)-294-3531 or by mail to R.R.1, Goodwood, Ontario L0C 1A0.

Volunteer Co-ordinator

A person is needed who need do nothing more than keep track of who is available for volunteer work. We have had many people volunteer for small odd jobs but we have been unable to make good use of their services because of the time required to set everything up and organize this volunteer 'work force'. For example, the co-ordinator would be called upon to round up people for special events, keep in touch with helpers, and generally keep us from getting bogged down under the workload, which is increasing monthly.

Wild Game Co-ordinator

A person is needed who has or can obtain freezer space for storage of moose, deer, and other wild game meat. Some work is required to arrange pickup of the meat in co-operation with the other branches when it is made available from the Ministry of Natural Resources. Some of our members who have severe food allergies have benefited

ANNOUNCEMENTS (continued)

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from these alternative meats, and our policy is to provide it to such people at cost. The person in charge dispenses the meat as required. Usually not a great deal of time is required for this job.

Occasional Office Help

HEF Toronto and the Quarterly office have now started a more organized system for handling correspondence. Numerous requests are received for reprints, general information, and answers to questions, and it seems every letter needs

to be handled differently. The new system is easy to follow without previous experience, so we can start to accept help from those who may only be able to contribute the odd afternoon once every couple of months.

Each month starting in April 1982, HEF Toronto offices at Sunnyhill will be open for general office help on the Saturday preceding the Open House day (see #9 above). Any leftover work can be done on the Sunday prior to meeting people and generally

having fun. More help could be used other days as we get organized and find a volunteer co-ordinator. Phone before coming — (416)-294-3531.

11. HEF Cookbook Coming Soon

HEF's Hamilton Branch has been working hard over the last year to put together a special cookbook for members of the Foundation, covering both basic and imaginative recipes for the rotation diet. The book will be in print soon — watch your *Quarterly* for further announcements.



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|---|---------|-------|--|--------------------|
| A Sublingual Method of Testing (<i>Quarterly, Summer 1978</i>) | \$ 1.00 | _____ | Insulation — The Formaldehyde Nightmare (<i>Quarterly, Winter 1980</i>) | 1.00 _____ |
| Arthritis and Food Allergy (<i>Quarterly, Fall 1978</i>) | 1.00 | _____ | Madeleine Dalcourt — Fighting for Rights in OHIP (<i>Quarterly, Winter 1980</i>) | 1.00 _____ |
| Brief on Special Education Needs of Children Sensitive to Foods and Chemicals | nc | _____ | Mental Illness - A Link to Allergy (<i>Quarterly, Spring 1979</i>) | 1.50 _____ |
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